

I am a brain injury survivor.



Name:

Address:

Emergency Contact:

Emergency Phone:

Please read reverse side.

Symptoms of a brain injury include:

- Poor coordination, balance or muscle control (standing, walking)
- Blurred speech and/or vision or impaired hearing
- Impaired attention, concentration, memory or understanding
- Difficulty controlling anger and/or aggressive behavior
- Confusion, disorientation, dizziness or distractability
- Delayed thought processing and response time
- Depression, irritability, restlessness, impatience, anxiety or agitation
- Impaired judgment. Insight or reasoning and planning skills
- Inappropriate or compulsive
- Seizures, headaches, fatigue or other medical conditions

I can best communicate in a calm, non-confrontational manner. If you observe the above symptoms, please help me by immediately calling the emergency number on the other side of this card.

Thank you for your courtesy and assistance!
www.cabiatn.org

Brain Injury Survivor Wallet Card

A person with a brain injury can carry this wallet card to help avoid misunderstandings with law enforcement, first responders and others. The card includes contact information, common signs and symptoms of brain injury and a request to call a designated emergency contact if needed.

Instructions:

1. **Download wallet card (PDF).**
2. Either type in your information on the PDF or print it out and write in your information.
3. Highlight your typical symptoms on the list provided or write in others not included.
4. Trim card along the edges. Card may be laminated to make sturdier.